

# Coronavirus 2019 (COVID-19)

## What you need to know

You may be feeling concerned about the coronavirus, also referred to as COVID-19. If so, you're not alone. Here are frequently asked questions with the latest information and advice to help you feel prepared.

### What is coronavirus?

It's a type of virus that causes coronavirus disease 2019 (COVID-19) – an infection of the airways and lungs.

### What are the symptoms?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of fever, cough, or shortness of breath – similar to the flu.

### How does it spread?

The virus is thought to spread person to person – mainly between people who are in close contact with one another (within about 6 feet) through tiny droplets made when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

### How can I protect myself and my loved ones?

Some people are more vulnerable to the virus, including older adults and people with chronic conditions. But everyone should take steps to protect themselves.

- Avoid close contact with people who are sick.
- Wash your hands with soap and water regularly for at least 20 seconds. Alcohol-based hand sanitizers are also effective.
- Try not to touch your eyes, nose, and mouth with unwashed hands.
- Stay home when you're sick (except to get medical care). Keep sick children home from school.
- Cough or sneeze into a tissue or your elbow. Wash your hands afterwards.
- Clean and disinfect frequently touched objects and surfaces.

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## What should I do if I think I have symptoms?

If you develop symptoms (fever, cough, trouble breathing) or you believe you've been exposed, it's important to call your health provider first so they can direct you to the most appropriate care.

## How is Kaiser Permanente responding?

We're committed to the health and safety of the communities we serve. We have been working on confronting highly infectious diseases for years, and we're confident we can safely treat patients who have been infected with this virus, with very little risk to our other patients, members, and employees.



For more information, please visit the Centers for Disease Control and Prevention website at **[cdc.gov](https://www.cdc.gov)** for the latest coronavirus information.



## DIGITAL TOOLS FOR EMOTIONAL WELLNESS

Self-care at  
your fingertips  
— at no cost  
to members

Everyone needs support for total health — mind, body, and spirit. Digital tools can help you navigate life's challenges, make small changes that improve sleep, mood, and more, or simply support an overall sense of well-being.

- Thoroughly evaluated by Kaiser Permanente clinicians
- Easy to use and proven effective
- Safe and confidential

Explore activities and techniques that can benefit anyone — either as self-guided self-care or complements to clinical support. They're not intended to replace treatment or advice, but they can help you build resilience, set goals, and take meaningful steps toward becoming a healthier, happier you.

## Just three steps to a healthier you

1. Go to [kp.org/selfcareapps/scal](https://kp.org/selfcareapps/scal) to download the myStrength app.
2. Click on the **Get Started** button
3. Follow the prompts to download the app. Please have your KP user ID and password ready.



**myStrength helps with:**

**Depression | Anxiety | Sleep | Stress | Substance use | Chronic pain**

**myStrength** is a personalized program that includes interactive activities, in-the-moment coping tools, inspirational resources, and community support. You can track preferences and goals, current emotional states, and ongoing life events to improve your awareness and change behaviors.